

"If our daughter wasn't able to go to Hope Network, she would have either needed to go to a nursing home or would require 24-hour care at home for the rest of her life."

-Jessica's mother

MEDICAL HISTORY

During the summer of 2014, Jessica was involved in a high-speed motor vehicle accident, resulting in a traumatic brain injury. She experienced bleeding between her brain and skull, which was treated with burr holes and a craniectomy. Additional injuries included compression/burst fractures of her thoracic vertebrae, hand and wrist fractures, pulmonary bruising with blood in her pleural cavity, and multiple facial lacerations. As a result of her injuries, she required a chest tube, tracheostomy and PEG tube.

HOPE NETWORK NEURO REHABILITATION

Jessica's family wanted to ensure their daughter would receive specialized neuro rehabilitation with daily intensive therapy after leaving the hospital. They knew that with the right rehabilitation team, she would have a chance at returning home to live with her parents and siblings, where she resided prior to the accident. They researched and visited programs around the country and chose Hope Network Neuro Rehabilitation in Grand Rapids, Michigan.

Hope Network offers an intensive community-based program where patients typically receive over 25 hours of therapy per week. Therapy is focused on relearning functional skills needed to return home. "We liked the amount of therapy you said you would give her," said her mother. "That was the most important thing to us."

Jessica was admitted to Hope Network 108 days after her accident and began making progress right away.

ADMISSION

Two person assist for ambulation using a walker and **limited to a distance of 200 feet** or less at a time

Required assistance to maneuver the wheelchair

Moderate assistance for transfers to the bed, toilet and shower

Limited verbal communication, supplemented by using a communication board to spell words

Unable to state current time or date

Required **soft, moist diet** and cues for safety. Only tolerated **small bites and sips** due to overactive gag reflex

Moderate assistance for upper bathing and dressing. Required **Maximum assistance** for lower body bathing, dressing and toileting.

Dependent for all home management tasks.

DISCHARGE

Able to use walker with **contact guard assistance** for up to **1200 feet at a time**

Independent with operating and propelling wheelchair

Independent transfers from bed to wheelchair, with close standby assistance for toilet and showers

Able to verbally express needs and thoughts and no longer requires communication board

Able to use clocks, calendars and schedules to orient herself to current time and date

Able to tolerate a **modified general diet** with **regular-sized bites and sips**; Overactive gag reflex no longer observed

Manages all showering tasks **without physical assistance** and minimal cues. Completes lower body dressing and toileting with **minimal assistance**.

Able to perform simple meal preparation, folding laundry and light bathroom cleaning.

FAMILY EDUCATION

Family and patient education is essential to success during and after rehabilitation. At Hope Network, we integrate education into all aspects of the rehabilitation process. Jessica's parents were provided with hands-on training and practice with their daughter's mobility and self-care routines, and were trained in a home exercise program. The rehabilitation team also connected Jessica and her family with resources and providers in their own community.

GOING HOME

Jessica received a total of 87 days of intensive transitional rehabilitation and made significant progress in all goal areas, increasing her independence and reducing the amount of supervision required for safety. This, coupled with family education and support from her rehabilitation team made it possible to be discharged to her family's home.

"You didn't give up on us and you've been very accommodating.
You've been so helpful with making sure our daughter gets what she needs.
We will always be grateful."

-Jessica's mother

WE BELIEVE IN COMEBACKS

At Hope Network, we believe that everyone deserves a chance to make a comeback. That is why we work so hard at doing everything it takes. Our program focuses on functional skill development – *the skills Jessica needed to make her comeback.*

Mobility at home and in the community including range of motion, strength, lymphedema management, balance, coordination, vestibular rehabilitation, endurance, transfers, wheelchair & bed mobility, ambulation, and any durable medical equipment needs

Basic activities of daily living including bathing, grooming, toileting/hygiene, dressing, feeding skills, and any adaptive equipment needs

Instrumental activities of daily living such as using a calendar for performing daily and weekly activities, cooking, money management/bill payment, shopping, and housekeeping

Communication including speech intelligibility, receptive and expressive language, reading, writing, and math skills

Behavioral performances such as deficit awareness, coping strategies, engagement with rehabilitation, and psychosocial stability

Cognition including speed of processing, judgment, visual perception, attention & concentration, memory, orientation, initiation, and problem solving

Medical management including pain management, swallowing/modified diet, self-managing medications, and tracking medical appointments

Family & patient education involving training of mobility and care needs, community supports and disability management

Return to work & lifestyle development including vocational assessment, training and job placement services, leisure education, recreation adaptation/modification and social competence

HOPE  NETWORK

NEURO REHABILITATION

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